DOCUMENT RESUME

ED 447 387 CG 030 496

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TITLE Students Helping Students: A Guide for Peer Educators on College Campuses. First Edition. The Jossey-Bass Higher and Adult Education Series.
ISBN ISBN-0-7879-4459-9
PUB DATE 2000-00-00
NOTE 254p.; An instructor's manual is available for course and training leaders.
AVAILABLE FROM Jossey Bass Publishers, 350 Sansome St., San Francisco, CA 94104. Tel: 415-433-1740; Fax: 800-605-2665 (Toll Free); Web site: http://www.josseybass.com.
PUB TYPE Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *College Students; Counseling Techniques; Counselor Training; Ethics; *Helping Relationship; Higher Education; *Peer Counseling; Peer Relationship; Student Characteristics

ABSTRACT

Many thousands of students are now serving their peer groups in a variety of helping positions on college campuses. Their success as peer counselors is largely dependent upon the skills they developed in training. To be effective, these students must first examine their own personal strengths and weaknesses, know problem-solving strategies, and learn specific helping skills. This book serves as a practical training guide to the essentials of effective peer education. Each chapter contains elements of theory, skill building, and application. The chapters begin with a list of learning objectives, followed by text, and then summary questions. Within each chapter are segments on personal reflections and instruction for exercises. Chapter One provides an overview of the role of the peer counselor, including the extent to which it is used, and how peer programs have been effective. Chapter Two explores types of personal changes and challenges most college-age students experience. Chapter Three discusses how important it is to accept and understand individual differences of a diverse student population. Chapter Four explores the significance of effective listening and responding skills. Chapter Five covers topics of assisting others through the use of active problem-solving approaches. Chapter Six presents an overview of group development and group dynamics. Chapter Seven looks at the necessary characteristics of being an effective leader. Chapter Eight address the issues and methods that students use to succeed in their classes. Chapter Nine discusses learning to recognize the students who need assistance from other helping agencies on campus or the surrounding community. Chapter Ten presents ideas regarding ethical behavior and specific behavioral guidelines for peer educators. The Epilogue summarizes some post-training activities for ongoing improvement. (Contains 1 table, 2 exhibits, and 66 references.) (JDM)

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